



A Helping Hand

When You Need It Most





Senior Gems®: Alzheimer's & Dementia Care

At Senior Helpers, we take a unique approach to Alzheimer's and Dementia Care through our Senior Gems® program. This program allows us to make both your life and your family's life happier and less strained, by focusing on what those with dementia can still do while respecting what they can no longer do.

Chronic Diseases Program

We recognise that ageing is associated with the development of a range of chronic diseases that can make life more challenging. Our trained Support Workers are able to provide professional support to those affected by conditions such as: heart disease, stroke, diabetes, chronic obstructive lung disease, cancer and hearing loss.

Parkinson's Care

Our industry-first Parkinson's Care program equips our Support Workers with the appropriate tools to ensure that you and your family receive professional, tailored care.

Companion Care

For those living alone or with limited social interaction, Companion Care can be a great way to increase happiness and connection, while also receiving help with those little tasks that are becoming a challenge to do alone. We select our Support Worker based on their compatibility with you. This ensures that you receive personalised care and an opportunity to create a meaningful relationship.

- ✓ Companionship and conversation
- ✓ Shopping and errands
- ✓ Transport to appointments
- ✓ Assistance with household chores
- ✓ Assistance with laundry
- ✓ Watering plants & collecting the mail
- ✓ Walking the dog
- ✓ Meal preparation

Personal Care

Our trained Support Workers can help make life feel safer at home by being present or assisting with more personal tasks when mobility or managing personal care becomes a challenge.



Personal hygiene and
dressing assistance



Continence care



Medication reminders



Diet monitoring, meal planning
and assistance with meals



Mobility assistance

Built on a Foundation of Trust

Without the appropriate care, the ageing journey can be overwhelming for individuals and families. If your family is supporting you with care, it can be time-consuming and draining for everyone. Different stages of ageing and different types of age-related conditions, require different approaches to care. At Senior Helpers, we support both you and your family by providing the appropriate level of care to help you remain as independent as possible.



Our Core Values

We live by our core values and tirelessly promote them at all levels of our organisation.



Integrity without compromise



Improve quality of life



Open and effective communication



Positive attitude



Celebrate life

Our Background

The goal of in-home care at Senior Helpers is to help clients remain happy and safe in their own homes. Since 2011, Senior Helpers has supported thousands of Australians with a pledge to provide professional and considerate care, tailored to each individual.

We are proud to lead the industry in programs like Senior Gems®, our industry-first Parkinson's Care, Multiple Sclerosis Care and more. Our Support Staff are uniquely prepared and skilled to offer appropriate, caring and compatible support you can trust.

Round the Clock Accessibility

Senior Helpers is dedicated to responding at a moment's notice. Contact us today to meet with one of our Consultants for your complimentary in-home interview.

Your consultation will cover:

- Your goals and your family's goals
- Your daily schedule and a potential plan of care
- How to remain safe at home
- Implementation process
- On-going communication and follow-up
- Access to government funding

For more information, get in touch with your local Senior Helpers:

Senior Helpers Sydney Northern Suburbs

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Personal Care services vary by location. Please contact your local Senior Helpers office to find out more. Bonded and Insured. Senior Helpers does not discriminate against any person on the basis of race, colour, national origin, disability, or age in the admission, treatment or participation of its programs, services, activities, or employment. Senior Helpers locations are independently owned and operated. © 2021 SH Franchising, LLC. GEMS and POSITIVE APPROACH are registered trademarks of Positive Approach, LLC. SENIOR GEMS® is a registered trademark of Senior Helpers